

Time	Event	Age Groups				
11.00	3000m	U15-Seniors M&F	11.00	Hammer	Pole Vault	Triple Jump
11.15	110mH	SM & U20M		U15 to Seniors	U13 & U15	U15 to Seniors
11.25	100mH	U17M				
11.35	100mH	U20W & SW				
11.45	80mH	U15B				
11.55	80mH	U17W				
12.05	75mH	U13B				
12.15	75mH	U15G				
12.25	70mH	U13G				
			12.30	Shot	High Jump	Long Jump
12.35	75m	U11B				
12.45	75m	U11G		U11 to Seniors	U13 & U15	U11 & U13
12.55	100m	SM & U20M				
1.05	100m	SW & U20W				
1.15	100m	U17M				
1.25	100m	U17W				
1.35	100m	U15B				
1.45	100m	U15G				
1.55	100m	U13B				
2.05	100m	U13G				
			2.00	Discus	Pole Vault	Long Jump
2.15	300m Hurdles	U17W				
2.25	400m Hurdles	U20W & SW		U13 to Seniors	U17 to Seniors	U15 & U17
2.35	400m Hurdles	U17M, U20M & SM				
2.45	800m	U11B				
2.55	800m	U11G				
3.05	800m	U13B				
3.15	800m	U13G				
3.25	800m	U15B	3.30	Javelin	High Jump	Long Jump
3.35	800m	U15G				
3.45	800m	U17M		U11 to Seniors	U17 to Seniors	U20 & Seniors
3.55	800m	U17W				
4.05	800m	U20M & SM				
4.15	800m	U20W & SW				
4.25	300m	U15B				
4.30	300m	U15G				
4.35	300m	U17W				
4.40	400m	U17M				
4.45	400m	U20M				
4.50	400m	U20W				
4.55	400m	SW				
5.00	400m	SM				